



UNITED WAY WRC
CAUSE AREA



Empowering Safety & Wellbeing

Safety and wellbeing are as much a basic need as shelter or food.

Feeling unsafe is a reality for: women & families experiencing domestic violence; 2SLGBTQ+ community members experiencing homophobia & transphobia; and people facing discrimination & hateful messages. **Not feeling safe, facing physical violence, sexual assault, or verbal & emotional harassment impacts our wellbeing.**

More than

4 in 10 women



& 3 in 10 men



have reported experiencing some form of psychological, physical, or sexual violence by an intimate partner in their lifetime. And 2SLGBTQ2+ Canadians are more likely to experience physical or sexual assault. ¹

In 2020, Waterloo Region Police reported

**Hate crimes
increased by 260%**

from 2019. ²

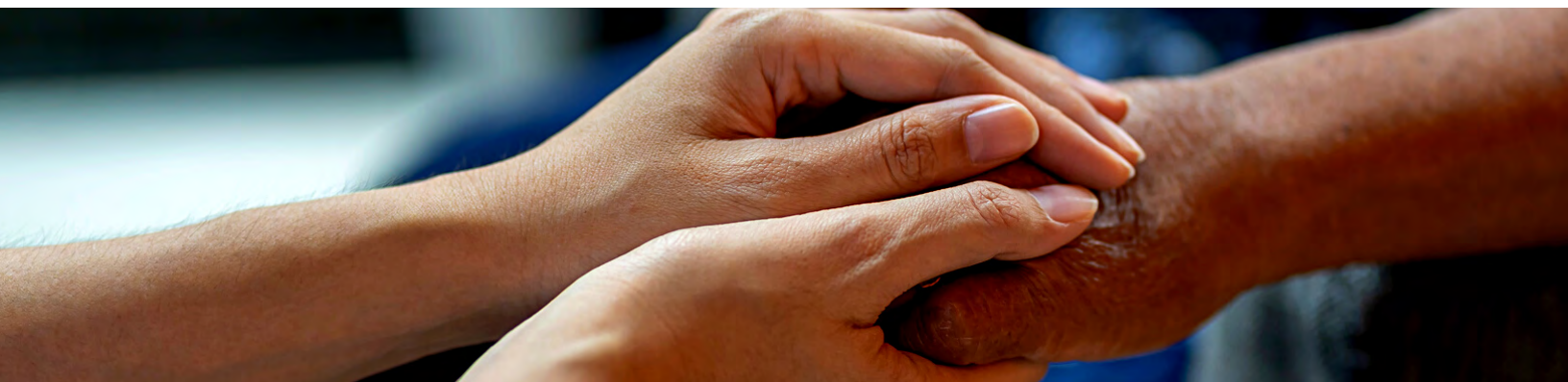


Meet Cassandra



Cassandra is a resident at Anselma House at Women's Crisis Services of Waterloo Region. When Cassandra came to Anselma House, she mentioned feeling very overwhelmed from her past trauma and new surroundings.

"For me coming into shelter I felt lost. I was offered music therapy on the second day, and it helped so much. For me, music gives me solace, comfort and guidance. Music therapy can help connect me with my feelings. In my opinion, music therapy is as essential to the women and children here as a bed and food." Everyone deserves to feel safe in their community, and to have dignity through trauma.



Local Solutions

Thanks to your support, here are a few of the frontline organizations that United Way WRC funded in 2021-2022 to address safety & wellbeing locally.



Programs Changing Lives



- Abuse and sexual assault support programs (physical & emotional)
- Trauma support for people experiencing oppression (including Black, Indigenous, Racialized, 2SLGBTQ+, people with disabilities, immigrants/refugees)
- Translation services
- Refugee and Immigrant supports & help navigating systems



THE HEALING
OF THE SEVEN
GENERATIONS



¹ Intimate partner violence in Canada, 2018 (<https://www150.statcan.gc.ca/n1/daily-quotidien/210426/dq210426b-eng.htm>)

² <https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=3510019101>

Without you,
there is no way.

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United Way
Waterloo Region
Communities